



# Alexandra Worsley's Health & Well-being column

## Well, here we are in September and where did the summer go?

Instead of feeling a sense of dread that the summer has ended, why not use this time to invest in yourself? The change of season is a great time to revitalise your mind and body and a bit of 'me time' will help you to enjoy the Autumn and prepare for the shorter days to come.

Over the summer the staff at Alexandra Worsley have been working hard on our clinic – in fact we have expanded the team to include three experienced and well respected therapists in the field of Nutrition and a unique form of Chinese Massage. Our therapists treat a whole range of conditions and specialise in digestion, female health, fertility and mental health. Here is a short A-Z guide:

**Homeopathy:** This system of medicine treats the person rather than the 'named' disease. Via a thorough consultation, your homeopath will understand your symptoms and how they affect your life. Our experienced homeopaths may help treat many chronic conditions including eczema, IBS, depression, grief, menopause, fertility and cancer. Homeopathy for children and pregnant ladies is also practised.

**Intolerance Testing:** Uncomfortable digestion? Bloating? Strange rashes? Unlike allergies, symptoms of intolerances can manifest many hours or days after consumption so they can be very difficult to detect. Our intolerance testing service uses a skin prick to identify a response to the 55 foods that people most commonly react to. A full nutritional consultation can be carried out by one of our Nutritional Therapists.

**Nutritional Therapy:** With the additional of two of the most respected Nutritional Therapists, we are delighted to announce the 'Alexandra Worsley Nutritional Centre of Excellence'. In a nutritional consultation, our therapist will take a view of your health and wellbeing and work with you to provide a personalised nutrition and lifestyle plan.

**Reflexology:** An ancient art which helps to restore balance and health to the physical and mental body by releasing energy blocks in the meridians or zones. Reflexology has been used to successfully treat a whole range of problems including infertility, back pain, digestive problems, migraines, stress to induce labour and much more.

**Sports and Remedial Massage:** This massage focuses on muscle systems used by individuals with postural habits and injuries or sporting complaints or for those that

like a really deep massage. A combination of massage techniques including the use of audiosonic therapy, together with a plan of exercises to take away with you, it will help reduce soreness and enhance power, endurance and flexibility.

All fact forms of massage including Tuina - Chinese Massage, which uses techniques to stimulate acupoints in different parts of the body. This therapy is excellent in re-establishing balance and harmony and has been particularly useful to resolve pain, reduce inflammation and boost the body's natural immune system.

In addition to these therapies we also offer: Reiki, Hopi Ear Candles, Emotional Freedom Technique, Dr Hauschka facials, Cranial Osteopathy and Hypnotherapy. With 15 therapists and over 25 treatments available we have something for all your healthcare needs.

Mention **thebeacon** when booking any treatment for a £10 gift voucher towards your first treatment.

**Wellbeing Wednesdays!**

We are holding our launch party for 'Wellbeing Wednesdays' on 6th October. Our aim is to bring like-minded people together to enjoy a fun and informative evening whilst empowering and inspiring each other with our passion for complementary healthcare. Invited guests will be the first to try a brand new 'Magnetic Resonance Stimulation' machine which helps to improve energy balance, promote more efficient blood circulation, encourage faster and more complete bone and nerve cell healing, muscle relaxation and faster accelerated regeneration of sick tissues. The potential therapeutic applications include: pain reduction, rehabilitation following accidents or illness, prevention and wellness enhancement of psychological wellbeing for stress and improvement to immune system function.

Note for your diary! We've teamed up with **thebeacon** to hold a very special Wellbeing Wednesday event for all readers on Wednesday 17<sup>th</sup> November. The day is designed for readers of thebeacon to come into the store and learn tips and ways to have a more stress-free Christmas. There's also lots of ideas for gifts to buy those hard to buy for relatives. For more information make sure you grab a copy of the next issue of thebeacon or contact the store on 0161 439 9856.

*Take care of yourself  
Alex x*